



BRENDA ABDILLA Author, Coach, Speaker

Brenda Abdilla is a distinguished expert in leadership development and organizational excellence, renowned for her transformative impact on teams and leaders. With extensive experience and an unrelenting passion for leadership growth, she is widely recognized as a premier coach and facilitator, driving enhanced team performance and leadership effectiveness across industries.

As a highly sought-after executive leadership coach, Brenda works with leaders striving to elevate team engagement and organizational success. Notably, over 90% of her clients overcome their most pressing leadership challenges within just one year of working with her, a testament to her results-driven approach.

Brenda's coaching is distinguished by her deep, business-focused expertise, which she brings to her work with leaders, entrepreneurs, and high-level professionals. Her keen understanding of the volatility, uncertainty, complexity, and ambiguity (VUCA) in today's business climate equips her clients to make significant strides in team communication, time management, decision-making, critical thinking, stress management, and corporate visibility.

TODAY'S PROFESSIONAL WORKFORCE IS IN DESPERATE NEED OF 3 IMPORTANT SKILLS:

1. Conquering overwhelm in order to prioritize their ever-growing task list.
2. Improved understanding and communication with their co-workers and team.
3. Self-reflection and self-understanding as a path to understanding others.

Each of Brenda's programs addresses these three critical elements as well as the latest brain science and research to support the content she brings to the group. All of Brenda's programs are interactive, customized as well as practical and relevant to today's workforce.

CORPORATE WORKSHOPS & TRAININGS

Workshop

The Emotionally Intelligent Leader

Duration: 3 Hours
Audience: Leaders and Decision-Makers

Workshop

The Highly Engaged Leader

Duration: 3 Hours
Audience: Any Leader

Workshop

Communication Strategies for Teams

Using Appreciative Inquiry

Duration: 3 Hours
Audience: Any Leader

Workshop

Time Rehab

Duration: 3 Hours
Audience: Any Team Member

+ Special Group Coaching Programs by Cohort

SCIENTIFICALLY VALIDATED ASSESSMENTS



ABOUT BRENDA

Brenda's approach is decidedly different. She brings a solid business-centric background to her work with leaders, entrepreneurs, and high-level career coaching clients. Brenda understands the pressure and uncertainty (VUCA) present in today's business environment and empowers her clients to significantly improve their team communication, time management and efficiency, stress management, decision-making, critical thinking, and all of the elements of corporate visibility and success in their role.

A Champion for Women Leaders

Brenda is also a dedicated advocate for women in leadership roles. She serves as the professional chapter chair for two highly successful Women President Organization (WPO) groups in Denver and is the Co-Founder of The Entourage Leadership Group, which empowers high-level women to thrive in their corporate careers. Through these initiatives, she provides unparalleled support to women as they navigate the challenges of leadership in today's competitive landscape.

BOOKS BY BRENDA



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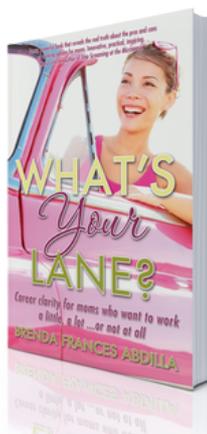
Meet Mike!

Mike is a great guy who has a wife and young family in Spokane. He is the senior manager of IT for a small software company that has recently been purchased, and as a result, Mike's life is about to change dramatically. Some alarming stuff happens at work that throws Mike into a bit of tailspin. All this change happens at a time when Mike is already questioning his choices and his future. He turned 40 last year and is wondering about his career, what is meaningful to him, and why this unsettled feeling is growing inside.

Career clarity for moms who want to work a little, a lot... or not at all.

If you're like most moms, you made your decision about parenting, work, and schedule mindfully and with the purest of intentions for your family. Which "lane" did you pick? Does it still work for you? The book What's Your Lane will provide clarity for moms on the reality of each lane. + Includes the division of labor assessment.

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WHAT AUDIENCES ARE SAYING ABOUT BRENDA'S PROGRAMS...

"ENLIGHTENING AND EDUCATIONAL!"

"VALUABLE TIPS FOR MY CAREER DEVELOPMENT."

"INFORMATIVE AND REALISTIC!"

"MOTIVATING AND UPLIFTING."

"SUCH GREAT TANGIBLE TIPS, TRICKS AND REMINDERS FOR TIME MANAGEMENT."

"VERY USEFUL, VERY DOABLE! LOVE THE SCIENCE BEHIND IT"

"PROVIDED ESSENTIAL TOOLS TO USE IN MY EVERYDAY LIFE, BOTH PERSONALLY AND PROFESSIONALLY."

"IMPROVED WAYS TO CREATE PRODUCTIVE RESULT DRIVEN MEANINGFUL DIALOGUE WITH EVERYONE IN YOUR LIFE."

BRENDA'S CLIENTS INCLUDE:

Comcast/Xfinity, Medtronic, WPO, Sheridan Press, Xcel Energy, The Women in Transportation, SCL Health, Regal Cinemas, Sonobello, Trainers, WSI Healthcare, Motive, UShealth, Soma Logic, Vail Resorts, Bay Club, Children's Hospital Colorado, Kentwood, Complete Intelligence... and more.



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